

Everyone Deserves a Healthy Smile!

Delta Dental of South Dakota
Jean Gross, RDH



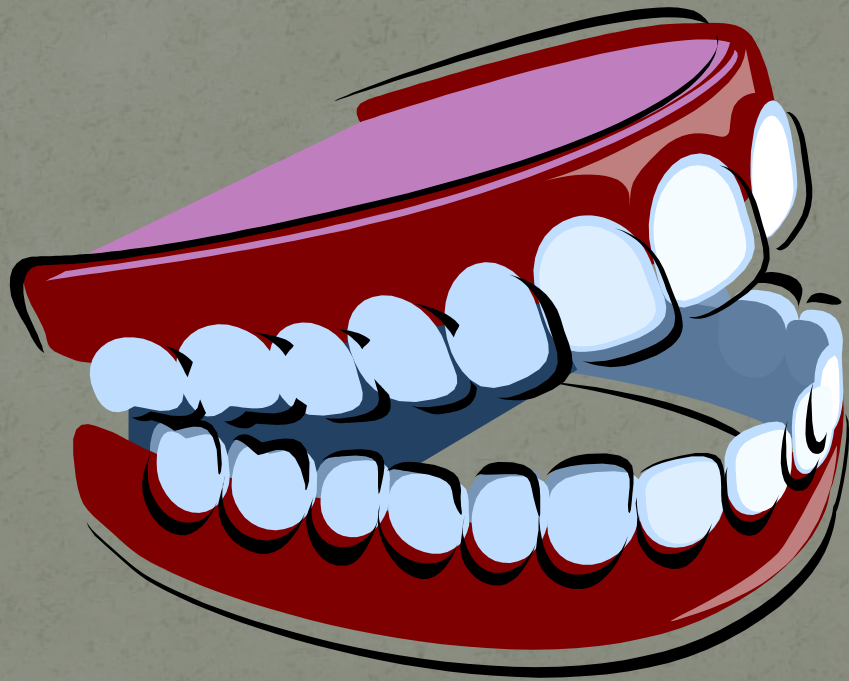
When should you charge your electric toothbrush?





When you can't pay cash!

Are your teeth important to you?



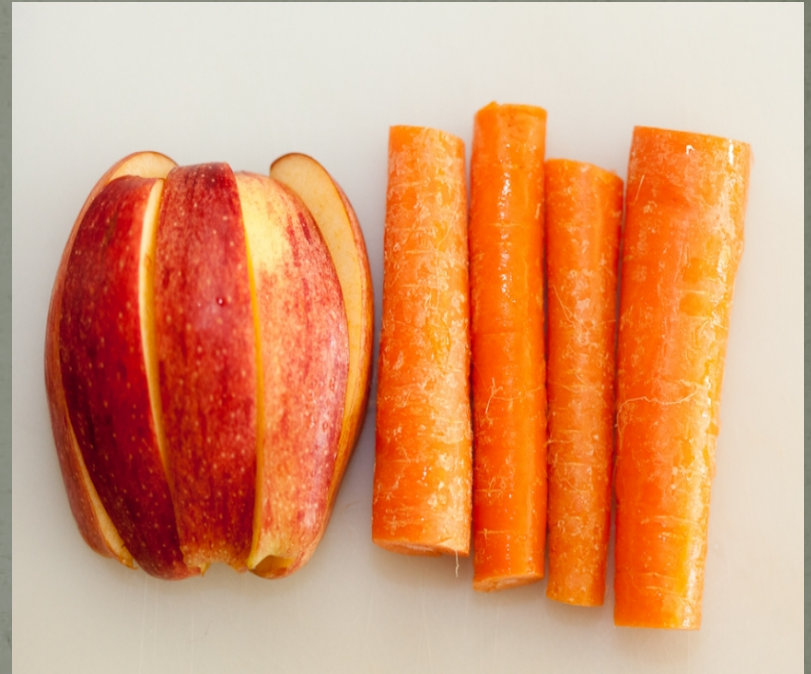
Why do we need our teeth?

Eating!

To chew our food.

That's an easy one! Can you imagine trying to eat an apple, carrot or a hamburger without teeth?

It would be pretty hard, wouldn't it?



Why do we need our teeth?



Speaking!

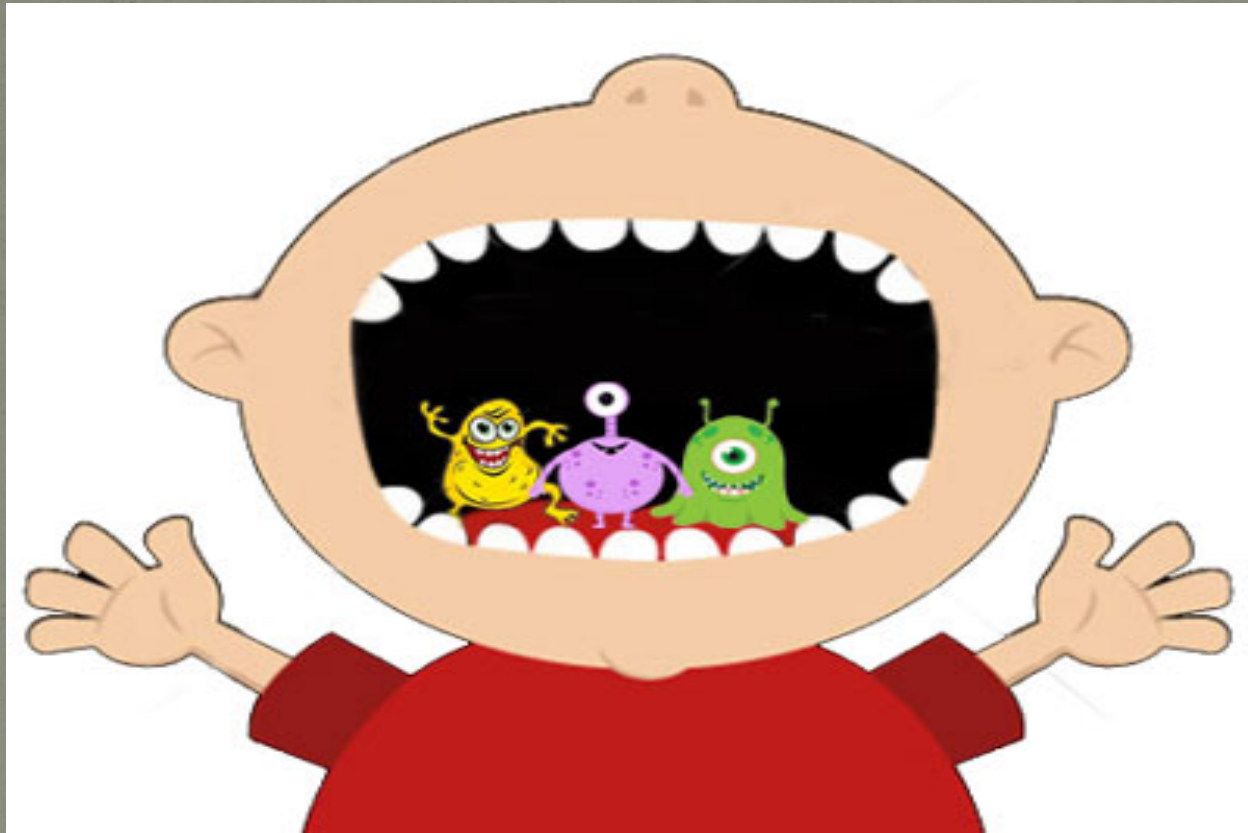
Our tongue, lips and cheeks help us pronounce words!

And smile...

Our teeth are very important for not only smiling, but also for how we look and feel about ourselves.



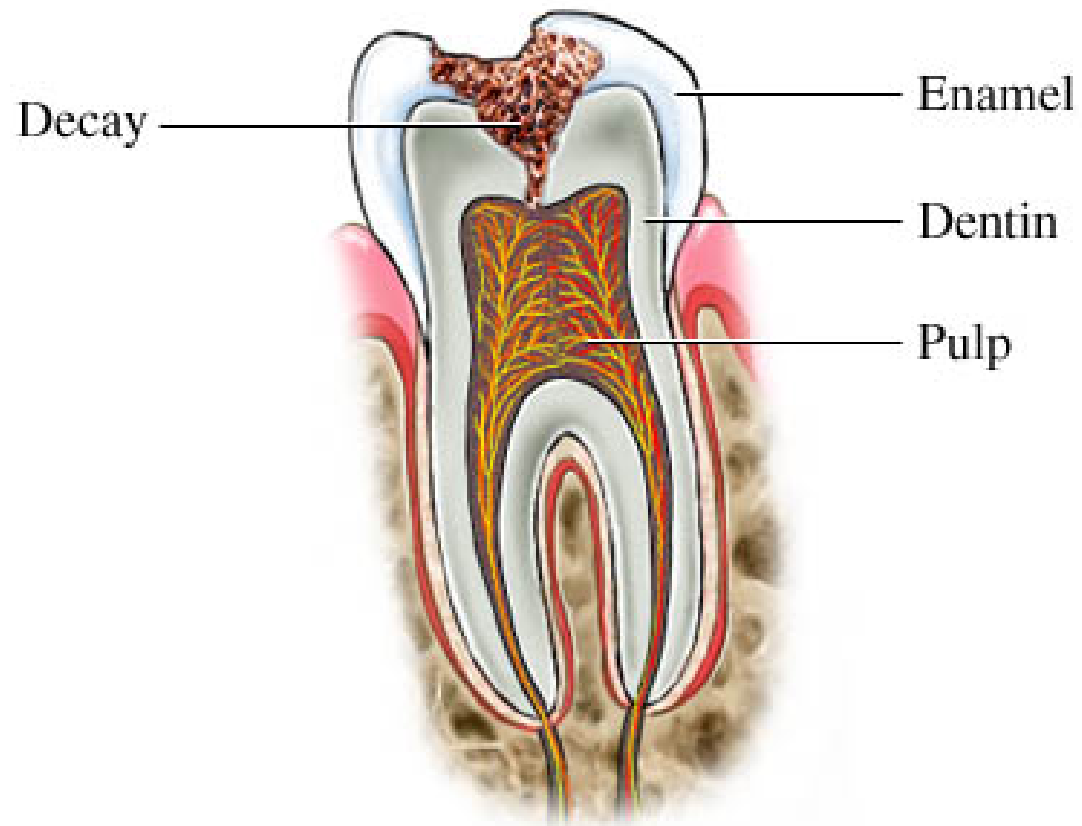
Bacteria



Stinky, Smelly



Tooth Decay



Dental decay is the most common chronic childhood disease with more than **16 Million** kids suffering from untreated tooth decay in the U.S.



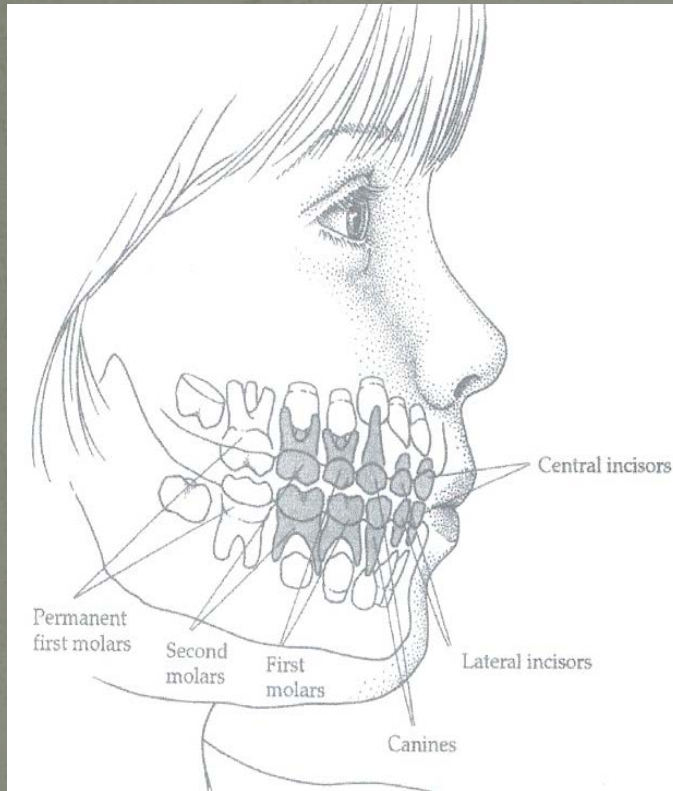
Image of Decayed Baby Teeth

New American Academy of Pediatrics Recommendation

- Oral health risk assessment by 6 months or first tooth
- Establish dental home by 12 months.



Why do we need our baby teeth?



Moss, *Growing Up Cavity Free: A Parent's Guide To Prevention*,
Quintessence Publishing Co., 1993

They act as space savers.

They guide the
permanent teeth into
place.

*The permanent teeth are white, the baby
teeth are gray.*



It doesn't matter if it's a big tooth or a little one, if it has a hole in it, it can hurt!



What does tooth decay look like?



And it can look like this!



Other signs of tooth
decay can look like this.

A child not wanting to eat their snack or lunch.



Having a hard time paying attention.



Sleeping in class



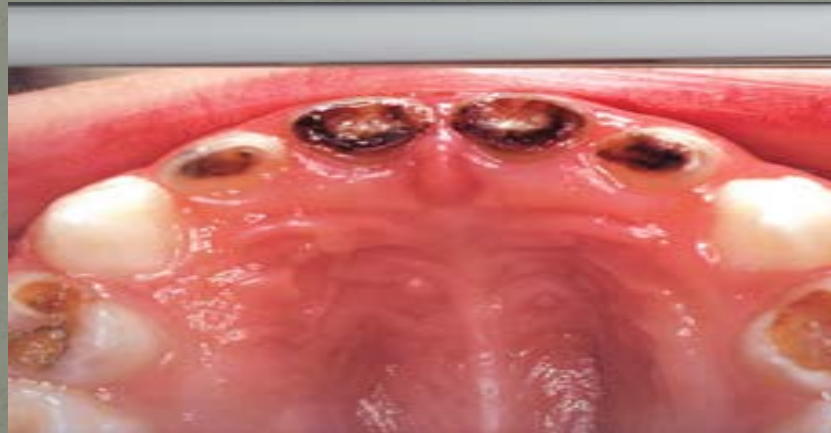
A child who doesn't smile.



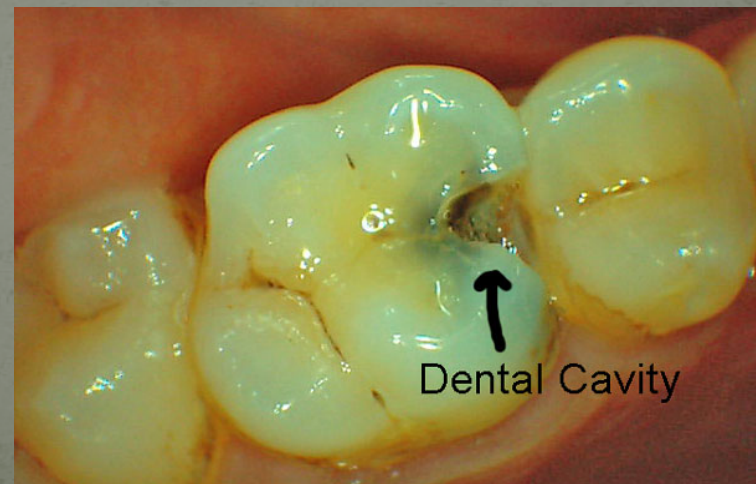
Behavior problems



Dental Caries



How do we get tooth decay?



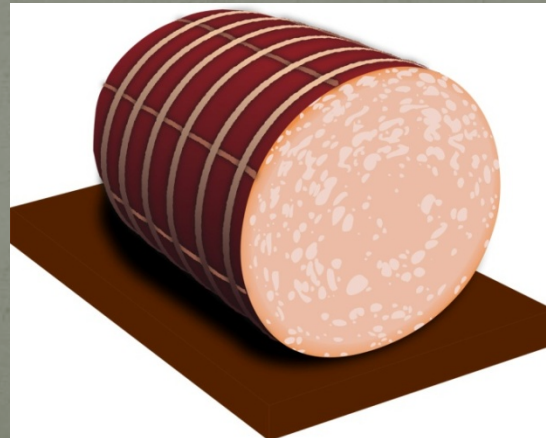
Sharing is a good thing but.....



“I tasted it first, it’s yummy!”



- Most of the foods that we eat have some sugar in them except for most vegetables and some meat.



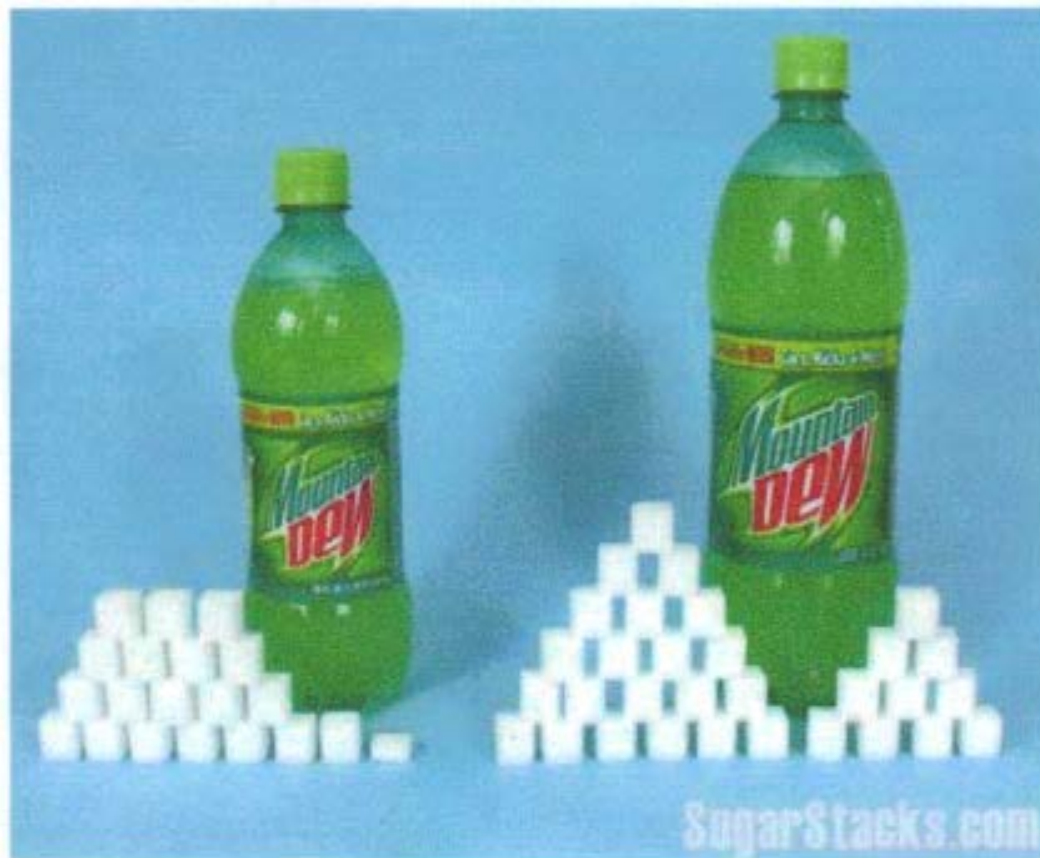
How about snacking?

Did you know that
sweet, “sticky”
snacks are harmful
to your teeth?



Refined Carbohydrates





Mountain Dew
20 oz (590 ml) Bottle

Sugars, total:

77g

Calories, total:

290

Calories from sugar:

290

1 L (34 oz) Bottle

Sugars, total:

124g

Calories, total:

440

Calories from sugar:

440

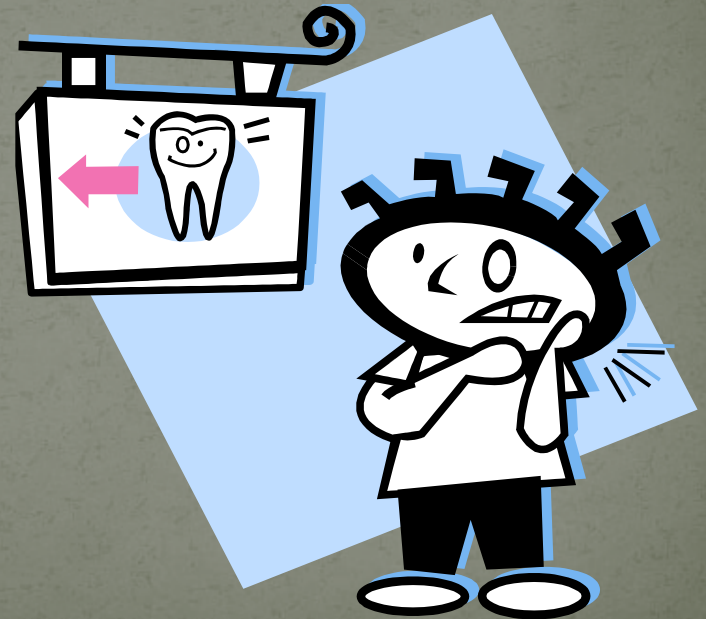
40% more caffeine than Coke, and 15% more sugar.

Drinks



Each “acid attack” lasts about 20 minutes.

After repeated “acid attacks,” your teeth become weak, and a hole or “cavity” is formed.



Hazards of sending a child to bed with a bottle.



Tooth decay

Early Caries



Moderate Caries



Severe Caries



Abscess



Tooth decay can cause

- 1) Pain & infection
- 2) Hospitalization/surgical intervention
- 3) Absence from/poor performance in school
- 4) Distraction from learning, growth delay, speech/eating dysfunction, risks to general health, and can irritate other medical conditions.
- 5) Death

Yes, even death

SIOUX FALLS MINNEHAPA SOUTH DAKOTA

DATE FILED: 06/02/2011

FUNERAL SERVICE LICENSEE
CAUSE OF DEATH PART I:
CELLULITIS
DENTAE CAVITY

Medical Emergency

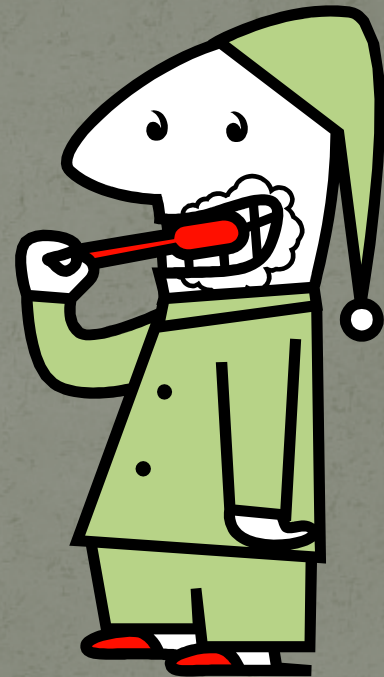


Prevent tooth decay.



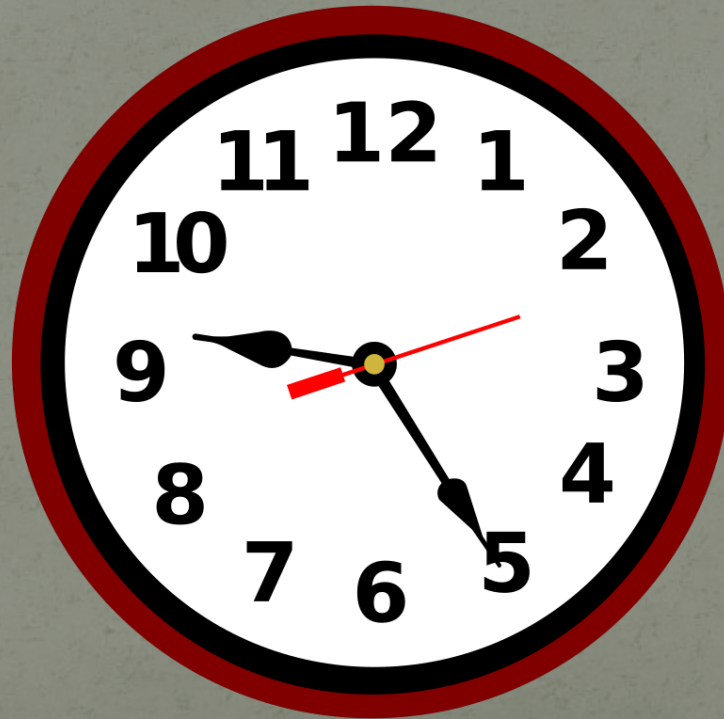
Oral Health Basics

- Thoroughly brush your teeth twice a day
- Floss every day
- Visit your dentist regularly for checkups
- Limit frequency of snacks



Limit how often you feed the germs sugar

Frequency is the key!



Time for a new toothbrush!!



Dental Sealants

- Protective covering to seal the biting surface of the tooth.



Tooth Decay - Prevention

Fluoride

- Toothpaste
- Fluoridated Water
- Fluoridated Bottled Water
- Fluoride rinse, gel, or varnish

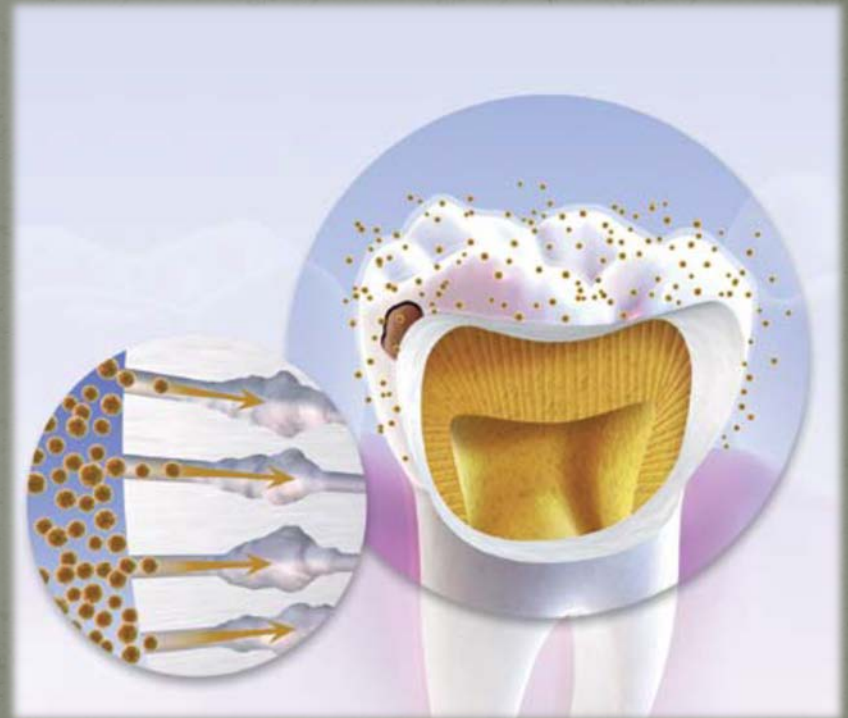


THE ROLE OF FLUORIDE Varnish

Paint it on the tooth
Up to four times a year



It is absorbed by
the tooth and makes
it stronger.



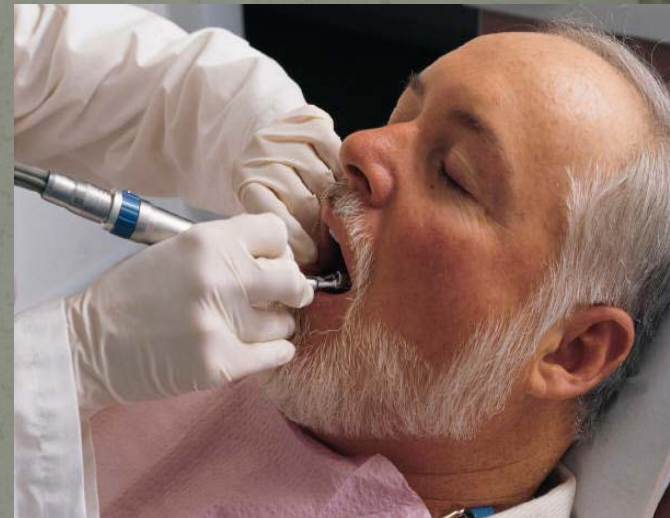
Importance of Professional Dental Care

Children need exams and professional care on a regular basis.

- Daily home care is important, but not the only factor in good oral health.

Dental visits include

- Examination of teeth and gums
- Prevention education
- Early detection and treatment of problems



Tooth Decay - Treatment

- 🦷 Keep natural teeth.
 - Repair cavities while they are small.

**Silver
or White
Fillings**

**Crowns
or Caps**

- Missing teeth can be replaced with:

**Bridges
or Partials**

Dentures

Implants

Not only that, but...



These “germs” (bacteria)
create another problem...

They cause your gums to
become sore and bleed.

It’s called “gum disease” or
“gingivitis.”

Gingivitis

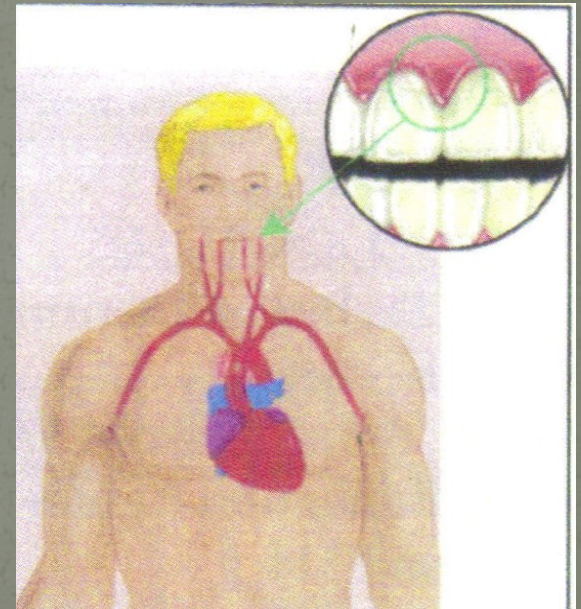


Periodontal Disease



Gum diseases are painful,
transmittable, infectious diseases
linked to:

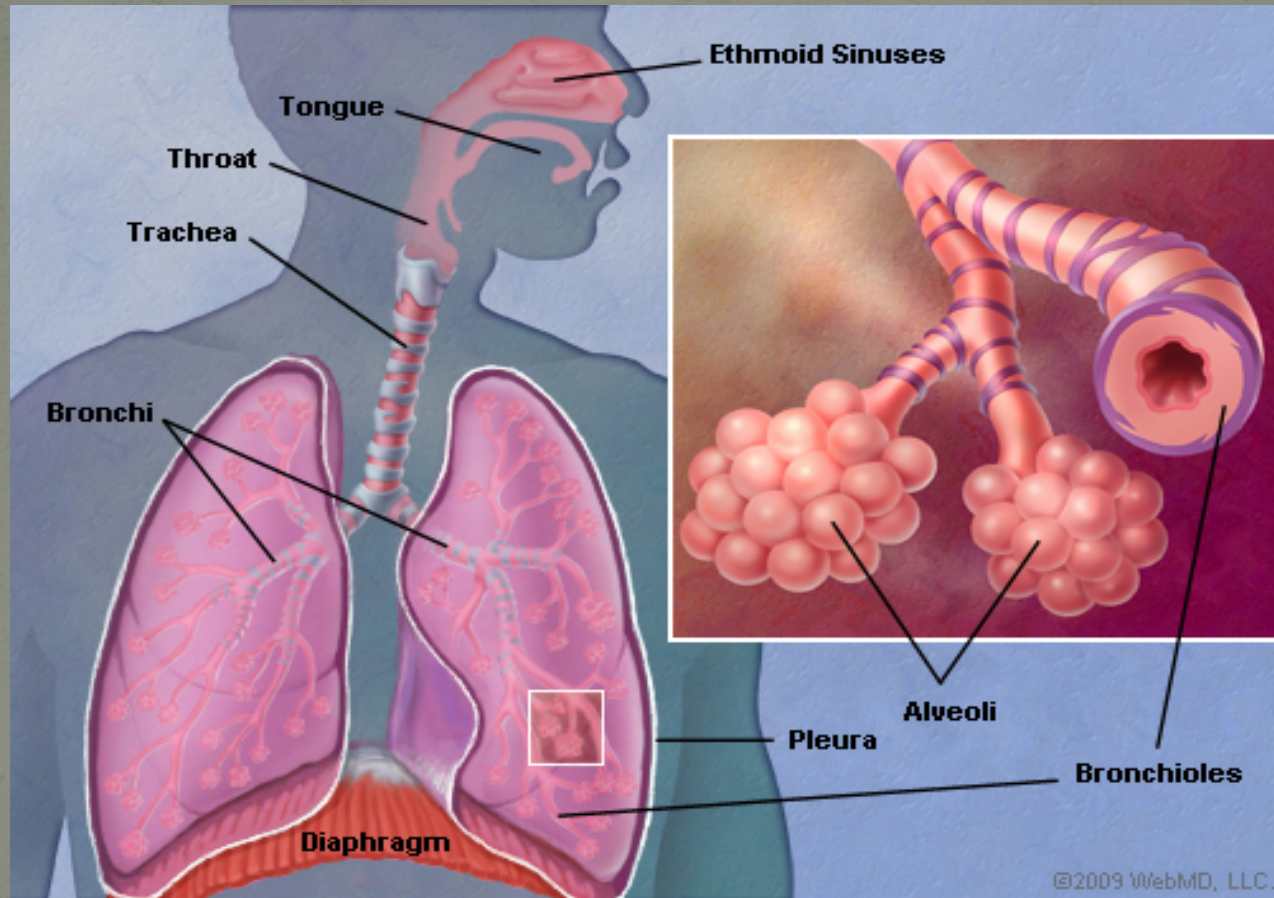
- Heart attack
& Stroke



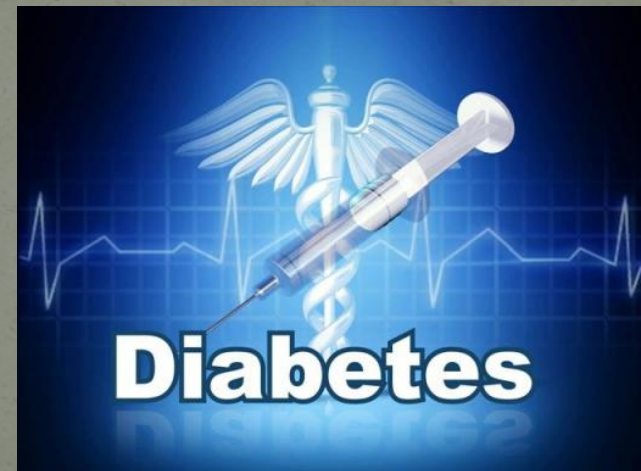
Low birth weight babies



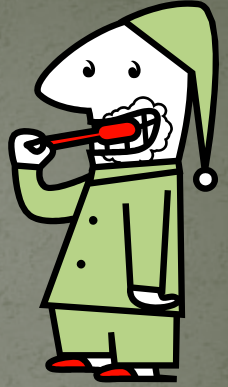
Upper respiratory disease



Uncontrolled diabetes



Prevention



Brush

- Twice per day; 2 minutes minimum
- Bedtime brushing is most important
- Soft brush, gentle circular motion

Floss

- Once per day
- Cleans between teeth where brush misses

Fluoride

- Toothpaste, mouth rinse, water supply

Regular dental checkups

What would you do if you broke a tooth while flossing?



Use Tooth **paste!**



Healthy Mouth



What do you get when you
cross a Dentist with a
boat?



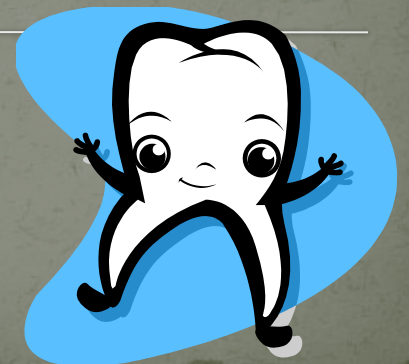
&



A Tooth Fairy!



Questions?



Thank you!
